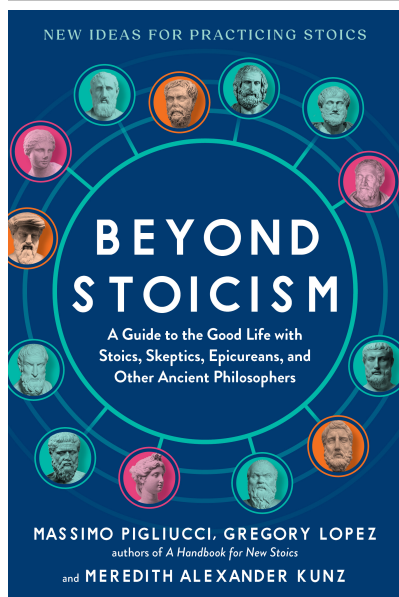




Winter 2025

FRONTLIST

The
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Self-Help / Personal Growth
SEL027000

9 in H | 6 in W

Beyond Stoicism

A Guide to the Good Life with Stoics, Sceptics, Epicureans, and Other Ancient Philosophers

Massimo Pigliucci, Gregory Lopez, Meredith Alexander Kunz

A wide-ranging philosophical and practical guide that teaches how to incorporate the wisdom of many ancient philosophers and build upon a Stoic way of life

Summary

For centuries, people have been grappling with life's biggest questions: *Who am I? What's my purpose? How can I be happy?* In modern times, many have found meaningful answers in Stoic philosophy. But there are other Greek and Roman philosophers who offer invaluable insights for modern life.

Each chapter introduces a new tool for our tool kit by combining a biographical sketch of a particular philosopher, an exploration of the larger philosophy, and applicable lessons and to tackle common challenges found in our everyday life. We learn how to avoid pain with Epicurus, how to strike the right balance between extremes with Aristotle, how to rebel like the Cynic Hipparchia, and how to embrace uncertainty with the help of Cicero. Organized around three main themes of pleasure, virtue, and doubt, this book offers something to learn from each master in our philosophical quest.

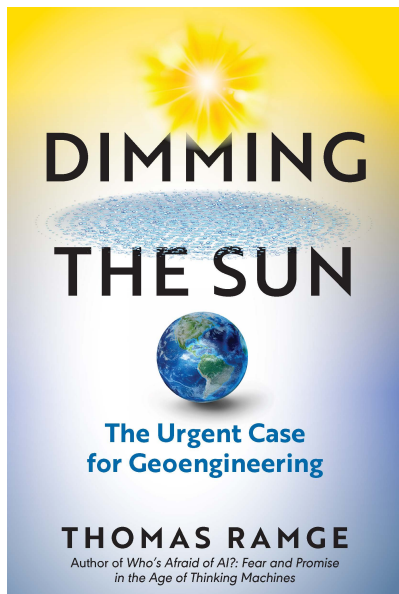
Even though these ideas were first presented thousands of years ago, they're more relevant than ever today. We still want the same things: love, friendship, money, reputation; and still fear the same threats: poverty, sickness, pain, and death. These Hellenistic philosophers devised powerful wisdom on how to live—now, we can use it to make our lives better.

Contributor Bio

Massimo Pigliucci is the K. D. Irani Professor of Philosophy at the City College of New York. He has written for publications such as *The New York Times*, *The Washington Post*, *The Wall Street Journal*, *Philosophy Now*, and *The Philosophers' Magazine*, among others. Pigliucci is the author or editor of sixteen books, including the bestselling *How to Be a Stoic: Using Ancient Philosophy to Live a Modern Life* (Basic Books, 2017) and most recently *The Quest for Character: What the Story of Socrates and Alcibiades Teaches Us about Our Search for Good Leaders* (Basic Books, 2022). He is the coauthor with Gregory Lopez of *A Handbook for New Stoics: How to Thrive in a World Out of Your Control* (The Experiment, 2019).

Gregory Lopez is a practicing secular Buddhist and Stoic, founder of the New York City Stoics, cofounder and board member of the Stoic Fellowship, cohost of Stoic Camp New York, and on the team at the Modern Stoicism organization. He has published essays on Stoicism in the Stoicism Today blog and in *The Philosophers' Magazine*. He is the coauthor with Massimo Pigliucci of *A Handbook for New Stoics: How to Thrive in a World Out of Your Control* (The Experiment, 2019).

Meredith Alexander Kunz is a writer, editor, and communications professional who has worked in journalism, higher education, and the technology industry. Her work has appeared in *Newsweek*, the *San Francisco Chronicle*, *San Francisco Daily Journal*, and *The Industry Standard*. Since 2016, she has published the Stoic Mom blog (around 11,000 page views per year, and now also distributed on Substack), exploring the many ways that caregivers and children can benefit from practicing Stoic life philosophy. She is a contributing editor for *The STOIC* magazine, and she has written for the Stoicism Today blog, given invited talks at national and regional conferences, and been interviewed on podcasts and NPR-affiliate radio.



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Science / Global Warming &
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Dimming the Sun

The Urgent Case for Geoengineering

Thomas Ramege

A vital examination of solar geoengineering—how it works, what it risks, how we might implement it—as a last-ditch effort to buy us time during this ever-heightening climate crisis

Summary

“It would be great if humanity could forego solar geoengineering and get climate change under control before the world goes off the rails. I just don’t believe in that anymore.”

Time is rapidly running out for humans to reduce the threats and impacts of climate change. Science journalist and award-winning author Thomas Ramege’s *Dimming the Sun* is his provocative, informative, and almost certain to be controversial exploration of the primary way he sees that we humans can—at least in the short term—ameliorate the worst effects of climate change. His focus is **solar geoengineering**: Through methods such as the atmospheric injection of sulfur aerosol, the formation of human-generated cirrus clouds, and the use of solar sails in space, solar geoengineering offers ways to slow the Earth’s warming caused by human-centered climate change. These ideas are as scientifically plausible as they are politically challenging.

Dimming the Sun is **the first in-depth look at this critical technology**. Ramege offers a complete overview, from scientific explanations to potential legal battles, and everywhere in between, including:

- what approaches could be used to dim the sun effectively and safely
- what risks—both geophysical and political—come with attempting to dim the sun
- How the international community might come together to agree on and regulate a plan for geoengineering

With tested science and a calculated balance of realism and optimism, *Dimming the Sun* offers a crucial resource for understanding this growing branch of science, starting a vital conversation that could well have global consequences.

Contributor Bio

Thomas Ramege is the author of more than a dozen nonfiction books, including *Who’s Afraid of AI?: Reinventing Capitalism in the Age of Big Data*, coauthored with Viktor Mayer-Schönberger, and *The Global Economy as You’ve Never Seen It*, written with Jan Schwochow. Ramege has been honored with multiple journalism and literary awards, including the Axiom Business Book Award’s Gold Medal, the getAbstract International Book Award, *strategy+business* magazine’s Best Business Book of the Year (in Technology and Innovation), the Herbert Quandt Media Prize, and the German Business Book Prize. He lives in Berlin with his wife and son.

"Essential reading for anyone who has ever earned, spent or saved money"—Adam Alter, *New York Times*-bestselling author of *Irresistible*, *Anatomy of a Breakthrough*, and *Drunk Tank Pink*

Money on Your Mind



The Psychology Behind
Your Financial Habits

VICKY REYNAL, MBA
Financial psychotherapist



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8.5 in H | 5.5 in W

Money On Your Mind

The Psychology Behind Your Financial Habits

Vicky Reynal

Financial therapist Vicky Reynal uncovers how our thoughts, emotions, and past experiences shape our money habits—and guides the way to financial freedom.

Summary

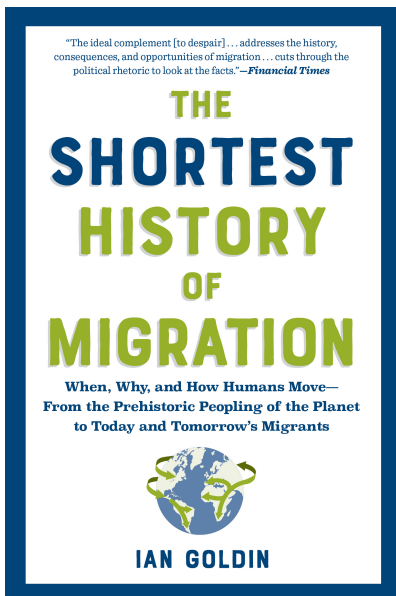
People avoid talking about money more than they avoid talking about sex. It's one of the last taboos—and that's because our money habits are rooted not just in wealth, but in our thoughts, emotions, and past experiences. In *Money On Your Mind*, financial therapist Vicky Reynal reveals the dynamics that cause unhealthy financial habits and helps readers heal their relationship with money.

How do I know if I'm overspending? It's one of the most frequent questions that Reynal's clients end up asking in therapy. To explore this question, we meet Helen, who wonders if owning 103 dresses is too many. We learn that although the shopping is within her financial means, Helen spends as emotional armor in pursuit of fitting in. Once she's no longer afraid of being socially isolated, she can gain control of her spending.

Money habits are often tied to self-worth, which leads to overspending, underspending, keeping money secrets, and self-sabotage. It impacts not only your sense of self, but important relationships with partners, parents, siblings, friends, bosses, and coworkers. Through a mix of case studies, client stories, and the author's clinical expertise, this book will help you unpack what is driving your financial habits and find financial freedom.

Contributor Bio

Vicky Reynal, MBA, is a psychotherapist in private practice and runs her own clinic specializing in financial therapy, working with clients internationally. She has been featured in the *Financial Times*, *Daily Mail*, *Good Housekeeping*, *The Telegraph*, and *Women's Health*. Her focus on financial therapy grew organically after completing her MBA as well as post-graduate studies in psychodynamic psychotherapy. She lives in London.



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7.8 in H | 5.1 in W

The Shortest History of Migration

When, Why, and How Humans Move—From the Prehistoric Peopling of the Planet to Today and Tomorrow's Migrants

Ian Goldin

From our earliest wanderings within and out of Africa and the earth-shattering repercussions of the Age of Exploration, to the building of the US–Mexico border wall here is a succinct account of human migration, an essential, millennia-long feature of humanity.

Summary

For hundreds of thousands of years, the ability of Homo sapiens to travel across vast distances and adapt to new environments has been key to our survival as a species. Yet this deep migratory impulse is being tested as never before. The number of international migrants has increased five decades in a row, yet many governments are making migration more difficult. With climate change and increased global conflict poised to continue to create new migrants—and rising nationalism intent on keeping borders closed—now is the time to examine what history can teach us about migration.

In *The Shortest History of Migration*, visionary thinker Ian Goldin—Oxford professor of globalization, former adviser to Nelson Mandela, former vice president of the World Bank, and himself an emigrant—identifies key milestones that tell the story of human migration, spanning every age and continent. With over one hundred illustrations, including more than twenty-five maps, and using ancient records and the latest genetic research, Goldin's fast-paced account carefully examines the legacies of empire, slavery, and war. In unique immigrant spotlights throughout, he tells strange, terrible, and uplifting tales of individual migrants—a Jewish man saved by the Kindertransport, a Japanese gardener who lands in Lima, an escaped Irish convict worker on the road to Tasmania.

Then Goldin turns his attention to today's world. Blending his knowledge of economics and globalization, and incorporating lessons from history, Goldin offers a detailed picture of modern-day migration and lays out common-sense policies for countries grappling with it. At once a context-illuminating history and a vision for the future, *The Shortest History of Migration* is a moving portrait of humanity and a chance for us to learn from our own past.

Author Bio

Ian Goldin is the Oxford University Professor of Globalization and Development and founding director of the Oxford Martin School, the world's leading center for interdisciplinary research into critical global challenges. He served as adviser to President Nelson Mandela, has been knighted by the French government, and is the author of three BBC series. His most recent previous book, *Age of the City*, was selected by the *Financial Times* as one of its best books of 2023.

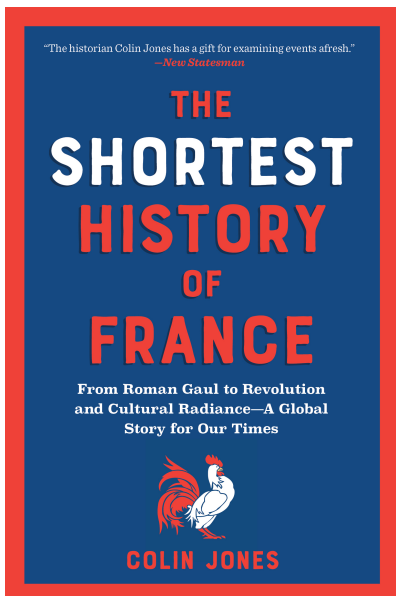
Quotes

"The ideal complement [to despair] . . . addresses the history, consequences, and opportunities of migration . . . cuts through the political rhetoric to look at the facts."—**Financial Times, Best Books of the Week**

"Ian Goldin is one of the great authorities on globalization."—**Gordon Brown**, former UK prime minister

"Impressively succinct yet wide-ranging . . . convincingly shows that migration has always been an integral part of humanity."—**Hein de Haas**, author of *How Migration Really Works*

"[An indispensable guide to our common origins—and our shared destiny."—**Parag Khanna**, author of *Connectography*



The Shortest History of France

From Roman Gaul to Revolution and Cultural Radiance—A Global Story for Our Times

Colin Jones

From Caesar's Gallic Wars and Frankish tribes to revolution, cultural ascendance, and civil unrest, this book is a richly compact, eye-opening history of the world's most visited country.

Summary

France is the most popular tourist destination in the world, thanks to its unsurpassed cultural and historical riches. Gothic architecture, Louis XIV opulence, revolutionary spirit, café society, haute cuisine and couture . . . what could be more quintessentially French?

Rarely, however, do we think of France as a melting pot, and yet historian Colin Jones asserts it's no less a mélange of foreign ingredients than the United States, and by some measures more. As nationalism and anti-immigration rhetoric surge in France (and elsewhere), *The Shortest History of France* presents a portrait of a nation whose politics and society have always been shaped by global forces. Grounded in up-to-date historical scholarship that avoids the traps of national exceptionalism, Jones reminds us that it was only after the first millennium of French history—following constant subjugation to the Roman Empire, Germanic invaders, and the Holy Roman Empire—that a nation-state began to emerge. Even then, regions of France were independent and more closely linked to neighboring states. The medieval crusades and then overseas colonization were two further vectors of global connection, admitting Islamic, North African, and Caribbean influences.

France has been home to the Enlightenment, The Universal Declaration of Human Rights, and The Paris Agreement. Meanwhile, its darker moments have included the Vichy regime and the Algerian War, along with persistent racism, police brutality, and civil unrest. From the serious to the sublime, *The Shortest History of France* is a dynamic, global story enhanced with touches of cultural radiance—truly a retelling for our times.

Contributor Bio

Colin Jones is Emeritus Professor of History at Queen Mary University of London and visiting professor at the University of Chicago. He is a fellow of the British Academy, former president of the Royal Historical Society, and officier in the Ordre des Palmes académiques. He is the author and editor of many works on French history, including *The Cambridge Illustrated History of France*, *The Great Nation: France from Louis XV to Napoleon*, *Paris: Biography of a City* (awarded the Enid MacLeod Prize of the Franco-British Society), *The Smile Revolution in 18th-Century Paris*, *Versailles*, and *The Fall of Robespierre: 24 Hours in Revolutionary Paris*.

Quotes

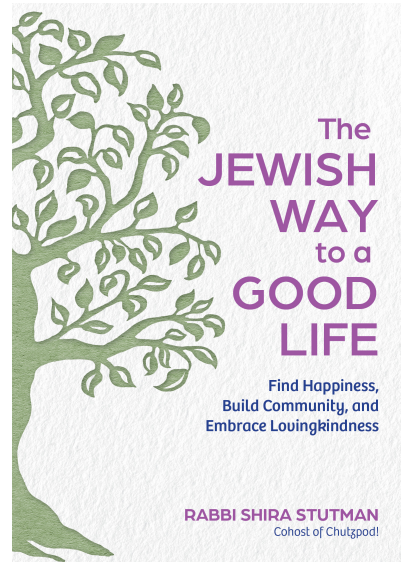
"Vital, incisive, revelatory . . ."—**Hilary Mantel** on *24 Hours in Revolutionary Paris*

"The historian Colin Jones has a gift for examining events afresh."—**New Statesman** on *The Fall of Robespierre*

"A marvelous, engaging, and constantly enlightening story."—**Literary Review**, on *The Smile Revolution*

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256 Pages
Carton Qty: 24
Religion / Judaism
REL040010
7.3 in H | 5.5 in W

The Jewish Way to a Good Life

Find Happiness, Build Community, and Embrace Lovingkindness

Rabbi Shira Stutman

Blending popular philosophy and self-help, this book contains are ancient insights from Judaism on how to live well, cultivate good values, and find joy, from a well-known rabbi and podcaster.

Summary

Judaism has survived for 3,500 years by embracing a few, some arguably paradoxical ideas: Life is hard. It also has the potential to be joyous. Every single human has a spark of something extraordinary in them. And every one of us should try to do 1 percent better. In *The Jewish Way to a Good Life*, straight-shooting Rabbi Shira Stutman distills thousands of years of Jewish wisdom into practical, time-tested strategies for living a more meaningful life. She reminds us: You don't have to *be* Jewish to *do* Jewish. And she tells us how.

When looking for inspiration on how to live well, a go-to source is other cultures. We've learned how to warm our homes with hygge and to find meaningful work with ikigai. We practice mindfulness and yoga, rooted in Hindu philosophy, and study astrology, seeking insight on human nature. Now, *The Jewish Way to a Good Life* reveals unique insights from Jewish culture that anyone can adopt to find meaning, cultivate good values, and experience joy.

Judaism isn't just a religion, it's an ancient culture with much to teach us about modern life. The book covers topics including kindness, love, rest and relaxation, health, education, community, and more.

Contributor Bio

Rabbi Shira Stutman is the interim rabbi at Aspen Jewish Congregation and cohost of *Chutzpod!* with *The Atlantic's* Hanna Rosen, a podcast that shares Jewish approaches to life's great predicaments. In 2021, she founded Mixed Multitudes, an organization dedicated to sharing the beauty, power, and diversity of Jewish life, tradition, and conversation. She was named one of America's Most Inspiring Rabbis by *The Jewish Forward*, among other awards. Rabbi Shira graduated from Columbia University and the Reconstructionist Rabbinical College, where she was a Wexner Graduate Fellow. She is also a proud graduate of the Charles E. Smith Jewish Day School.

What Happened to My Sex Life?

A Sex Therapist's Guide to Reclaiming Lost Desire, Connection, and Pleasure

Dr. Kate Balestrieri

Certified Sex Therapist and Founder of Modern Intimacy



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Family & Relationships / Love & Romance
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What Happened to My Sex Life?

A Sex Therapist's Guide to Reclaiming Lost Desire, Connection, and Pleasure

Kate Balestrieri

Sex therapist Kate Balestrieri reveals the twenty most common problems that extinguish desire—and how to reclaim a thriving sex life.

Summary

At some point in nearly every person's life, they experience a loss of desire. Sometimes there's a catalyzing event—stress at work, a fight with your partner, or sexual harassment. Often, the problem is internal as a person loses touch with themselves and what they want. Dr. Kate Balestrieri, licensed sex therapist, founder of Modern Intimacy, and host of *Get Naked with Dr. Kate*, is here to help.

In this book, Dr. Kate identifies more than a dozen of the most common reasons people show up in her therapy room, asking *What Happened to My Sex Life?* With understanding and compassion, she reassures readers that no, they're not broken—and they will feel desire again. Ranging from internal loss of desire ("Why don't I feel anything?") to relationship issues ("Am I a partner or a parent?"), the practical advice and insightful resolutions in this book will help readers get their desire—and sex life—back.

Contributor Bio

Dr. Kate Balestrieri is a licensed psychologist and certified sex therapist focused on helping people heal from trauma and addiction, improve relationships, and have better sex lives. She is the founder of Modern Intimacy, a counseling practice that operates in Los Angeles, Miami, and Chicago, and a passionate advocate for mental health, relational and sexual health, and wellness. Dr. Kate works with individuals and couples, primarily around treating trauma, substance abuse and addiction, intimacy disorders (sex/love addiction and sexual dysfunction), eating disorders and body image issues, bipolar disorder, post-traumatic stress disorder, depression, and anxiety.

Tamed

From Wild to Domesticated,
the Ten Animals and
Plants That Changed
Human History



"Excellent for anyone
who wants to understand
deep human history."
—The Guardian

ALICE ROBERTS

Author of *Anatomical Oddities: The Otherworldly Realms Hidden within Our Bodies*



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Science / Life Sciences
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Tamed

From Wild to Domesticated, the Ten Animals and Plants That Changed Human History

Alice Roberts

An “epic and joyous” (Adam Rutherford) history of our species, using recent scientific discoveries to explore humanity’s domestication of the ten most essential plants and animals—from wheat, corn, and potatoes to dogs, horses, and cattle—that allow human civilization to thrive

Summary

Dogs became companions.

Wheat fed booming populations.

Cattle gave us meat and milk.

Corn fueled the growth of empires.

Potatoes brought feast and famine.

Chickens inspired new branches of science.

Rice promised a golden future.

Horses gave us strength and speed.

Apples allowed harvestable sweetness.

Humans tamed them all—while also steering our own collective fate.

For hundreds of thousands of years, our ancestors depended on wild plants and animals to stay alive—until the former began to tame the latter. Domestication has led to the building of civilizations that our prehistoric ancestors never could’ve imagined. *Tamed* draws on the findings of geneticists, evolutionary biologists, archaeologists, paleontologists, and anthropologists working at the cutting edge of their disciplines to vividly recount ten essential processes of this vital human invention.

Dogs, our first natural ally, first aided Ice Age-era hunters and gatherers in Europe and Asia 15,000 years ago. Then, around 12,500 years ago, Natufians in the Southern Levant became some of the first humans to settle down, using recently discovered rock mortars to grind barley grains into flour—thus becoming an early example of a settled civilization reliant on a singular crop.

When ideas of domestication spread, so did the possibilities for cities, nations, and empires to flourish. The reliability of corn gave rise to unprecedented civilizations in South America; horses led to new ideas about hunting and combat in the Eurasian Steppe. As Professor Alice Roberts introduces each domestication, she uncovers its astounding global implications, giving readers a fresh understanding of human history.

Contributor Bio

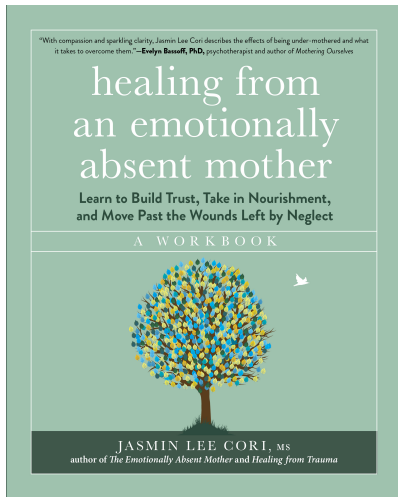
Professor **Alice Roberts** is an academic, author, and broadcaster specializing in human anatomy, physiology, evolution, archaeology, and history. She is the author of more than ten science and history books, including *Anatomical Oddities: The Otherworldly Realms Hidden within Our Bodies*. In 2001, Roberts made her television debut on Channel 4’s *Time Team*, and went on to write and present *The Incredible Human Journey*, *Origins of Us*, and *Ice Age Giants* on BBC2. She is also the presenter of the popular TV series *Digging for Britain*. Roberts has been a Professor of Public Engagement with Science at the University of Birmingham since 2012.

Quotes

★ **An *Economist* and *Mail on Sunday* Book of the Year**

“A masterpiece of evocative scientific storytelling.”—**Brian Cox**, author of *Why Does $E=MC^2$?*

“Epic and joyous, a landmark in the story of us.”—**Adam Rutherford**, author of *A Brief History of Everyone Who Ever Lived* and *The Book of Humans*



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Healing from an Emotionally Absent Mother

Learn to Build Trust, Take In Nourishment, and Move Past the Wounds Left by Neglect—A Workbook

Jasmin Lee Cori

An indispensable hands-on guide to healing from the long-lasting effects of childhood emotional neglect from the author of the groundbreaking *The Emotionally Absent Mother*

Summary

Distant, emotionally neglectful parenting creates wounds that follow children well into adulthood. As you deal with the impacts as an adult, you might find yourself wondering, *Why is it so hard to attend to my own needs? Why is it hard for me to trust people to be there for me? Do I need to hide parts of myself to be lovable?*

If you're searching for a way to let go of the pain caused by insufficient mothering, provide yourself with the love you didn't get as a child, and to live a more nourished and fulfilled life, *Healing from an Emotionally Absent Mother* can help. Distilling key takeaways from the groundbreaking book *The Emotionally Absent Mother* and offering new insights into the legacy left by emotional neglect, this workbook is designed to guide healing with accessible lessons as you:

- Uncover your childhood experience of emotional neglect
- Identify the ongoing impacts of this neglect
- Reclaim the pieces of yourself you changed or hid for Mother's sake
- Reparent your young self
- Take advantage of the healing resources available to you
- Learn to accept the love others offer you

Personal inventories, journaling prompts, small-group discussion questions, and many more hands-on exercises will help you to identify the needs that went unmet during childhood and to move past the hurt.

Contributor Bio

Jasmin Lee Cori, MS, worked as a licensed psychotherapist for many years, specializing in working with adults who experienced childhood abuse and neglect. She has worked in human service agencies and private practice, and has taught psychology in colleges and professional schools. She is the author of numerous articles and five nonfiction books, including *The Emotionally Absent Mother* and *Healing From Trauma*.

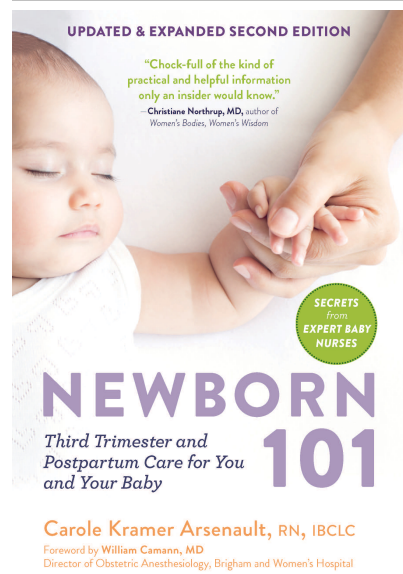
Quotes

Praise for *The Emotionally Absent Mother, Second Edition*

"Years ago, I was on vacation and read *The Emotionally Absent Mother*. That book was one of many that woke me up. . . . I began the process of reparenting and it's changed my life."—**Dr. Nicole LePera**, *New York Times*—bestselling author

"This book is a revelation to those of us whose mothering was short of what we needed. The author sensitively and authoritatively weaves developmental principles into a compassionate understanding of what it means to be under-mothered."
—**Connie Dawson**, PhD

"With compassion and sparkling clarity, Jasmin Lee Cori describes the effects of being under-mothered and what it takes to overcome them. Her book will be of great value to new mothers serious about creating a loving environment for their children, adult sons and daughters who want at long last to fill the holes in their hearts, and clinicians interested in understanding and healing the mother wound."
—**Evelyn Bassoff, PhD**, psychotherapist



Newborn 101 (2nd Edition, Revised)

Third Trimester and Postpartum Care for You and Your Baby—Secrets from Expert Baby Nurses

Carole Kramer Arsenault

Updated with new baby-care research, the second edition of *Newborn 101* answers your most urgent questions with advice from expert baby nurses.

Summary

Pregnancy, childbirth, and your baby's first months are some of the most cherished parts of parenthood—but they can also be nerve-racking, especially for new parents. Carole Kramer Arsenault has spent the last two decades helping parents, both as a longtime pediatric nurse and as the founder of the most highly regarded baby-care service in New England. From the first trimester to the "fourth" (baby's crucial first three months), Arsenault and her team of nurses and doulas have seen it all.

In this expanded second edition, Arsenault shares updated research in the field of newborn care, including:

- advice from postpartum doulas about caring for your body and mind after childbirth, such as guidelines for creating your "postpartum village"
- updated recommendations for infant-care products like car seats, pajamas, and changing stations
- new medical guidelines for what to eat during pregnancy and what to feed your newborn
- expanded sections on sleep, screen time for babies, and pain medications for childbirth

Expert care can be hard to come by—now, you can enjoy the most precious moments with your newborn with this handy guide to everything from bath time to breastfeeding.

Contributor Bio

Carole Kramer Arsenault, RN, IBCLC, has devoted her career to infant and pregnancy care, and she has worked for many years as a delivery nurse, including at Boston's Brigham and Women's Hospital. She founded and runs Boston Baby Nurse, a home health agency offering specialized support to families with babies.

Quotes

"Carole Arsenault's new book, *Newborn 101*, may look like your typical guide to pregnancy and baby care, but it's not. It's better, filled with well-researched tips from a professional who is also an experienced mom, tips that you probably have not heard before."**—baystateparent magazine**

"*Newborn 101* is chock-full of the kind of practical and helpful information that only an insider like Carole Arsenault would know. This book contains everything a couple needs to prepare for the adventure of labor and birth."**—Christiane Northrup, MD**, author of *Women's Bodies, Women's Wisdom*

"The stack of books available on breastfeeding, pregnancy, and postpartum can be overwhelming. Carole Arsenault covers all these topics and then some—including prenatal exercise and nutrition, choosing a pediatrician, raising a 'green baby,' and more. The Q&A format and highlighted Baby Nurse Tips make this book fun to read and easy to use. I'm making *Newborn 101* my number one must-read book for new parents!"**—Tamara Jessiman**, Certified Nurse Midwife, Mount Auburn Hospital

"Birthing and caring for a baby is a transformative experience, and *Newborn 101* helps new families make their way with confidence. It's highly readable—and packed with insightful and helpful Q&As, lists, and tips."**—Johanna Myers McChesney**, cofounder and CEO of Isis Parenting, Inc.



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368 Pages
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Health & Fitness / Pregnancy &
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